

## A NOTE FROM YOUR KEY VOLUNTEER ADVISOR

Hello, ladies!

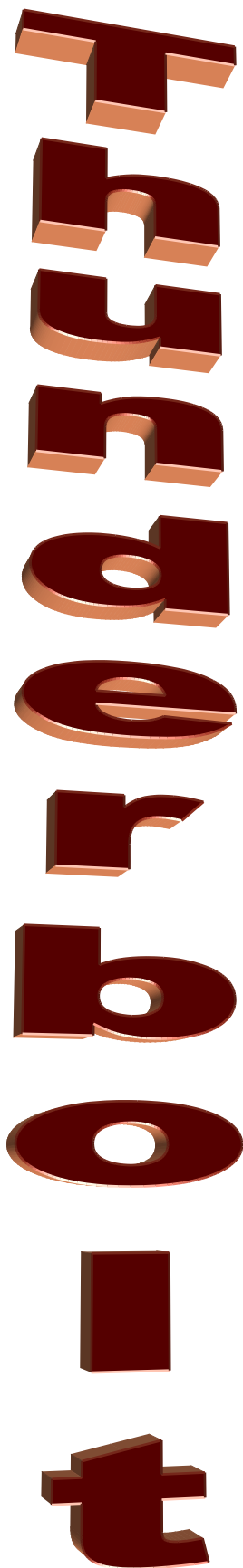
My name is Cori Shuster and I am the Key Volunteer Advisor for 3/4. I have only been part of the 3/4 family a short time so I wanted to take this opportunity to introduce myself and let you know a little bit about me. My husband, Scott, and I have been married almost 18 years and have two children – Erin, 17 and Matthew, 13. I am a full-time mom. In my “free” time (what’s that?) I like to garden, read and volunteer at schools and our church’s junior high youth group. Over the past 18 years our family has bounced back and forth between Camp Pendleton, California and Quantico, Virginia, with one 3-year tour in Albuquerque, New Mexico for recruiting duty – not a lot of variety compared with many of you. We’ve been stationed here at Camp Pendleton this time since March of 2004. The kids and I will be staying here during this deployment so Erin can finish high school here (over 3 years in one high school – what a gift!). After graduation, however, Matthew and I are looking forward to moving up to 29 Palms and checking out all that the desert has to offer.

In the meantime, I look forward to getting to know all of you at our monthly 3/4 functions. We’ve got a lot of fun events planned – events that I hope will help relieve the stress of separation. Deployments are tough – there’s just no way around that. But when we look out for one another and support one another, they are manageable. So please, join us if you can. And remember, when problems arise and you’re just not sure how to solve them, give your Key Volunteer a call. She’s there to help.

I hope to see you all soon,

Cori

\*\*For news from Iraq, please check out The Shanghai Monthly at:  
<http://www.29palms.usmc.mil/fmf/3-4/Deployment/index.html> and click on “From the Front”.



# GETTING TO KNOW YOUR COMPANY

## KEY VOLUNTEER COORDINATORS

### H&S Company Key Volunteer Coordinator

Name: Jamaica Peoples

Occupation: Student at Chapman University

Hobbies: I enjoy spending time with Diego our puppy, meeting new people, going out to eat, traveling and shopping!

Home Before the Military: I was born in Ogden, Utah but spent most of my life in Lincoln, Nebraska.

How did you meet your husband?: James and I met in college at the University of Nebraska-Lincoln where he was completing ROTC in 2003. We dated all of his senior year of college and then he moved to Quantico Virginia for The Basic School. I stayed in Nebraska while he finished his schooling. We were engaged by the end of 2004, and married when he got back from deployment in 2005.

Favorite Duty Station: This is our first duty station and we have been here for 1 1/2 years. I don't mind it here but it is a big adjustment from the Midwest!

### INDIA Company Key Volunteer Coordinator

Hello, my name is Ruth Suthers. My husband, Andrew, and I met in 7<sup>th</sup> grade German class and have been married for 6 years. We have been stationed at MCB Camp Pendleton, MCRD San Diego and have been at MCAGCC Twentynine Palms since January. I am a stay-at-home mom. I stay busy with my daughters, Amelia (3yrs) and Elizabeth (2yrs) and son, Thomas (2mos.) This is my first experience as a Key Volunteer, but I am confident that I will fulfill my duties and hopefully inspire many other spouses to join our ranks.

### LIMA Company Key Volunteer Coordinator

Name: Lisa Marie Buentello

Occupation: Proof Operator/ATM Coordinator for FSNB Armed Services Bank

Anniversary: October 9, 2004

Home Before USMC: I am an Air Force brat so we moved around a lot but I was born in San Antonio, TX at Lackland AFB. When I was 12 we moved back to San Antonio where I lived until I got married.

Hobbies: shopping, and trying to keep up with my family

How did you meet your husband: Rodney and I met in San Antonio while he was a recruiter. We started dating in December and moved in together by March. After living together for about 2yrs we got married and moved here. We are expecting a baby boy on Sept. 15, 2006.

Favorite Duty Station: This is the first duty station I've been too, and I am still trying to adapt.

How long have you been stationed at 29 Palms: Since August 2004.

## **WEAPONS Company Key Volunteer Coordinator**

Name: Anel Zimmerman

Occupation: Office Clerk at 29 Palms Elementary School and mom to 9 year old Ashley

Anniversary: April 26, 1997

Home before USMC: I was born in Andrews, TX, and then moved a couple of times mainly in TX at age 8 we settled in Carlsbad, NM. I lived there until I joined the Army.

Hobbies: Scrap booking, watching movies, and anything that has to do with the outdoors (camping, fishing, hunting, ect.)

How did you meet your husband: Chad and I met at Ft. Sill, OK going to school for Field Artillery Surveyor. We have been happily married since 1997.

Favorite Duty Station: Fargo, ND

How long have you been stationed at 29 Palms: We have been here for 2 ½ years.

## **Battalion Key Volunteer Coordinator**

Name: Julie Marie Bryan

Occupation: Senior at Cal State University San Bernardino with a major in English Literature.

Anniversary: July 6, 2002

Hobbies: I love spending time with all of our various animals, spending time with family and friends, creative and journal writing, and the most exciting is exploring the desert on a dirt bike or quad. We like to be outside!

Home Before the Military: I was born in Lynwood, CA but spent the majority of my life in La Mirada, CA.

How did you meet your husband?: I met my husband through a friend at school who set me up on a blind date with her boyfriend's friend. We met for dinner at Enchadas in 29 Palms, but we could not figure out why it was so busy on a Thursday night. To our surprise, it was Valentines Day! What a great day to meet your new best friend and partner.

Favorite Duty Station: We have only been stationed at 29 Palms and Camp Pendleton. I like it here because of the lack of traffic and being able to see the stars and moon light up the night sky.

***Look for your KV in an upcoming newsletter!***

**If you are interested in the KV program, and would like to take the training, please call (760) 830-4163.**

# Military Poems

## *The Silent Rank*

*I wear no uniform,  
No dress blues or Marine greens  
But I am in the military  
Among the ranks rarely seen.*

*I have no rank upon my shoulder.  
Salutes I do not give.  
But the military is the world in which I live.*

*I'm not the one who fires the weapon,  
Who puts my life on the line.  
But my job is just as tough,  
I'm the one that is left behind.*

*My husband is a patriot,  
A brave and prideful man  
And the call to serve his country,  
Not everyone can understand.*

*Behind the lines I see the things  
Needed to keep this country free.  
My husband makes the sacrifice,  
But so do our children and me.*

*I love the man I married.  
Defending his country is his life,  
But I stand among the silent ranks  
Known as the military wife.*

*Author Unknown*

## *The Volunteer*

*A rare breed they are,  
The volunteer.  
They give their time,  
Seek no return of gratitude,  
They little earn.  
They give their cash  
And talent too.  
Their gifts are known by very few.  
They rarely hear the accolades,  
Or ride in front of big parades.  
Day after day they help mankind,  
A better lot in life to find.  
They lead the young,  
Assist the old and yet their stories  
Are rarely told.  
The volunteer heart of gold can count their wealth a million fold.*

Ladies, please keep in mind that your KV is a volunteer. She gives her time to help those of you in need of assistance while at the same time has to deal with her own obstacles and challenges that life may throw her way during the deployment. **She is a person just like you.**

**\*\*If you have a favorite military poem or even your own original work that you would like to submit for consideration in the newsletter, please email [bryankingdom@verizon.net](mailto:bryankingdom@verizon.net) Be sure to include the name of the author so we can give the author the proper credit for their poem.**



# Dealing with the Media

Here are some helpful things to know if you are approached by the media:

1. You are not obligated to speak with any member of the media. If you are not comfortable, don't speak to them.
2. If you do choose to speak with members of the media, the base Public Affairs Office can assist you during the interview process and help protect your rights and privacy. The phone number is (760) 830-5473.
3. Remember that our loved ones are watching from afar. If you choose to speak with the media, show them the strength and courage of a military wife. Let's not give the enemy any reason to believe that they are defeating the spirit of the American people.

## OPERATIONAL AND PERSONAL SECURITY

Operational security is important. Operational security measures are those taken to ensure that sensitive information is not compromised. Ensuring the security of the unit and unit families involves considering deployment areas and times such as port call dates or special shore deployments if the unit is on a ship, location of spouses and families during the deployment, the planned return date and any special pre-deployment training. Avoid discussing operational information in public places, over the telephone or with members of the media. Family members often don't realize how a simple statement made in passing can jeopardize the conduct of operations and the safety of the people involved.

Personal security is also important. Here are some facts to remember. First, there is no such thing as a "criminal-type" face. This may be the impression from the FBI's Most Wanted Posters, but criminals can be attractive, charming, and gracious. Second, each year a number of criminal acts are committed which are not premeditated. This means that the person who commits the act does it on the spur of the moment. **Be alert!** Just as you cannot tell a book by its cover you cannot tell a criminal by his/her appearance. Keep these facts in mind and you'll be well on your way to self-protection.

# PRACTICE GOOD OPSEC

1. If you're not expecting company, check to see who is at the door before opening it by looking through the Peep Hole (if you have one) or out a window first.
2. Keep house doors, including screen doors, locked at all times. Even while you're in the house.
3. Be aware of Phone Scams trying to get information about you and your spouse by stating someone close to you (husband or family member) has been injured or died.
4. Be aware that there are electronic predators that may enter your home via your computer on sites such as instant messaging, chat, message boards, email messages, or from sources you don't know, etc.
5. When it gets time for deployment to end, don't get so distracted by preparing for the return that you let your guard down. **Stay Alert! Stay Safe!**
6. Don't forget you are not the only one that can hear what is said on the phone lines or see what is sent over the internet. Remember the saying, Loose Lips Sink Ships. Be careful what you say and to whom you say it; including your spouse!
7. If you hear information about the Battalion that has not been passed down to you by your KV, which will be passed to her by the Command, you should assume it is just a rumor. Contact your KV to verify information.

## DEPLOYMENT ADDRESSES

<b>BATTALION</b> COMMANDING OFFICER 3D BN, 4TH MAR UIC 41600 FPO-AP 96426-1600	<b>H&amp;S COMPANY</b> GRADE NAME USMC 3D BN, 4TH MAR H&S CO (SECTION) UIC 41605 FPO-AP 96426-1605
<b>INDIA COMPANY</b> GRADE NAME USMC 3D BN, 4TH MAR INDIA CO (PLT) UIC 41610 FPO-AP 96426-1610	<b>KILO COMPANY</b> GRADE NAME USMC 3D BN, 4TH MAR KILO CO (PLT) UIC 41615 FPO-AP 96426-1615
<b>LIMA COMPANY</b> GRADE NAME USMC 3D BN, 4TH MAR LIMA CO (PLT) UIC 41620 FPO-AP 96426-1620	<b>WEAPONS COMPANY</b> GRADE NAME USMC 3D BN, 4TH MAR WEAPONS CO (PLT) UIC 41625 FPO-AP 96426-1625

\*Please go to <http://www.29palms.usmc.mil/fmf/3-4/Deployment/index.html> for mailing tips and restrictions.

## Helpful Websites

3/4 Website: [www.29palms.usmc.mil/fmf/3-4](http://www.29palms.usmc.mil/fmf/3-4)

MCCS 29 Palms: [www.29palms.usmc-mccs.org](http://www.29palms.usmc-mccs.org)

Marine Corps Air Ground Combat Center 29 Palms: [www.29palms.usmc.mil](http://www.29palms.usmc.mil)

Military Home Front: [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)

My Pay: [www.dod.mil/dfas/](http://www.dod.mil/dfas/)

Military One Source: [www.militaryonesource.com](http://www.militaryonesource.com)

United States Postal Service (USPS): [www.usps.com](http://www.usps.com)

National Military Family Association: [www.nmfa.org](http://www.nmfa.org)

Salute our Services: [www.saluteourservices.org](http://www.saluteourservices.org)

## Helpful Numbers

**3/4 Rear Party:** (760) 830-5777

**Marine & Family Services:** (760) 830-6344

**American Red Cross:** (760) 830-6685 (29 Palms) (800) 951-5600

**USPS Military Pack:** Call (800) 610-8734, select option #1, and then #1 again to get free shipping materials sent to your door. The USPS will send you 8 boxes, tape, packaging materials, and labels for free.

**Personal Financial Management Program:** (760) 830-5346

**Navy Marine Corps Relief Society:** (760) 830-7443

**Regimental Information Update Line:** (760) 830-1538 or (800) 759-7602

**Lifelong Learning Center:** (760) 830-4702

**Volunteer & Skills Development Center:** (760) 830-4262

**New Parent Support:** (760) 830-7622

**Career Resource Office:** (760) 7225



# FAMILY POTLUCKS & UPCOMING FUNCTIONS

## Upcoming Events:

**Halloween Bash:** Please join us for some Halloween fun on October 28<sup>th</sup> at Lucky Park from 12-3. Please RSVP to your KV with the number of children you will be bringing and their ages. If you have not heard from your KV by October 14<sup>th</sup> regarding the details, please call her as soon as possible.

**Monthly Potlucks** at the Community Center from 1:00 pm to 3:30 pm. Bring a main dish, side dish, desert, or drinks, and get to know the families of 3/4.

## Dates:

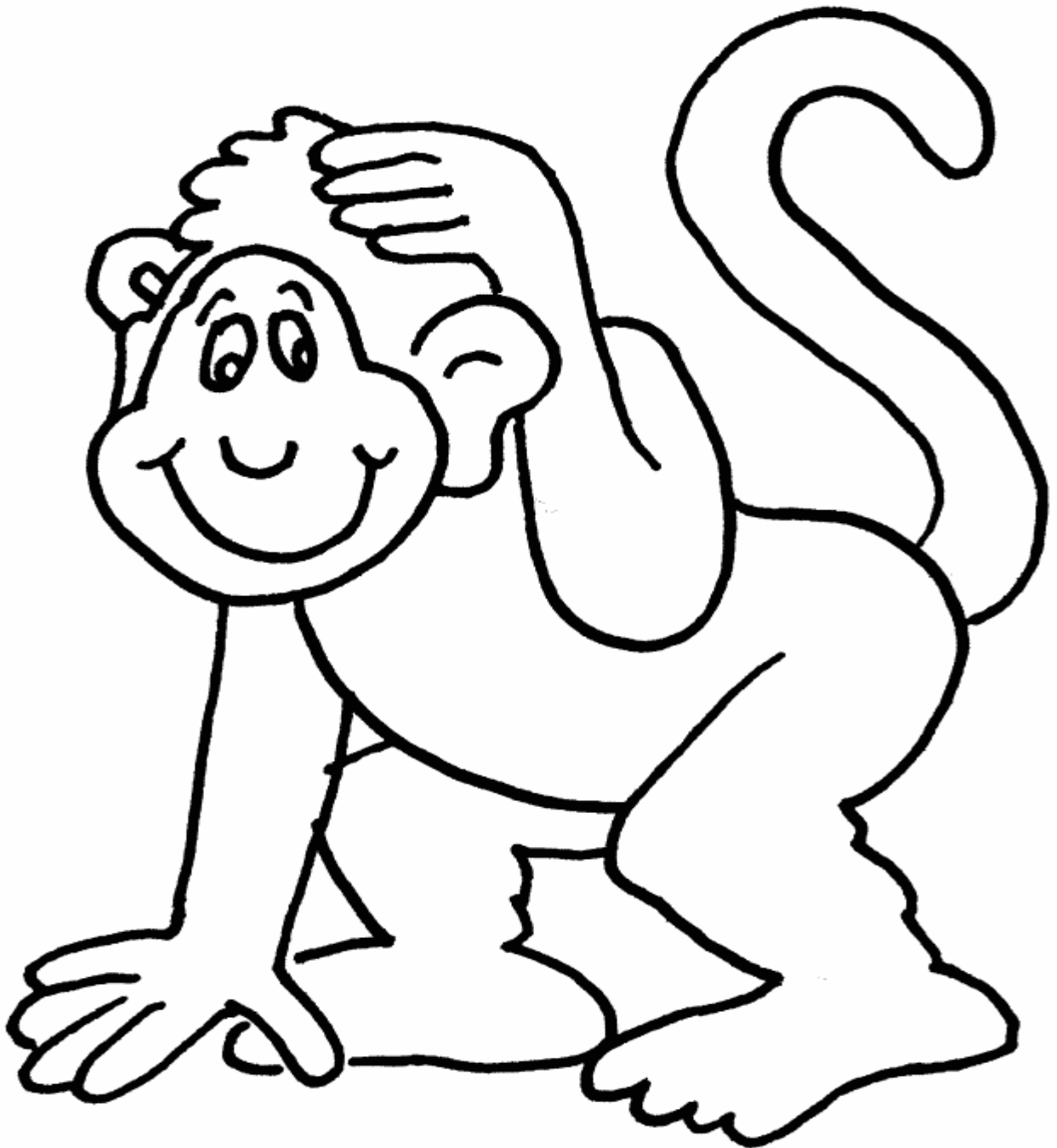
October 15, 2006

November 5, 2006

December 10, 2006

If you have any questions, please call your KV.

**COLOR A PICTURE FOR DAD...**



**I LOVE YOU DAD!**

# **3/4 JACK-O-LANTERN COLORING CONTEST**



**Name:** \_\_\_\_\_

**Dad's Company: H&S   India   Kilo   Lima   Weapons**

**(Circle One)**

**Bring Your Colored Picture To The Halloween Function For A Chance To Win A Prize!**